

# *Peak Week Residential Retreat*

*2012 Website Program Description*

Peak Week 2012 is a uniquely profound experience based on what are often considered especially important exercises from different Monroe programs including Guidelines, Lifeline, Heartline, MC<sup>2</sup>, Timeline, Exploration 27, and Exploration Essence.

**Prerequisites:** Gateway Voyage

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Energy, insight, and expanded awareness will be the hallmarks of these crowning exercises, brought together in this unique new program. We begin by reconnecting with special Gateway energy with its promise of discovery and change. We then move through peak exercises of other programs over the next four days, each day building upon the one before, to create a crescendo of expanding consciousness. New insights are discovered as old truths are deepened within the power of Hemi-Sync®, and the loving support of fellow graduate travelers. Some of the workshop highlights are: two silent mornings each with three sequenced exercises, unique SuperFlows (extended exercises), expanded states of consciousness including Focus 34/35, many favorite experiential group activities, and some surprises.

This seminar invites you to enter into peak experience and energy from the first day, and continue moving into more profound, enlightening, and healing experiences as the week progresses.

Please join us for this exciting celebration of some of the finest programming The Monroe Institute has to offer!